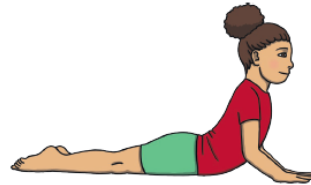


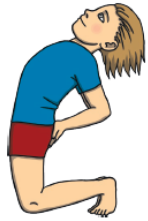
Healthy Mind: Yoga



tree pose



cobra pose



camel pose



lion pose



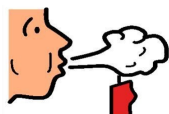
Cosmic Yoga

<https://youtu.be/CwpManq2I-U>

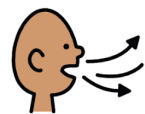
Yoga and meditation are great for developing a positive mind-set. Breathing helps your child to manage big emotions.



flower breath



party breath



deep breaths



Tik-tok breath

A Healthy Child



Autumn 1

EYFS



Chapel Street
Community Primary School



See Class Dojo for more.

Each half term the EYFS team will be focusing on an element of being a healthy child. You will get a booklet with ideas of how to support your child's health. This half term is ...

Healthy Emotions, Healthy Mind

Please follow some of the exercises shared to support your child's development.

Healthy Emotions



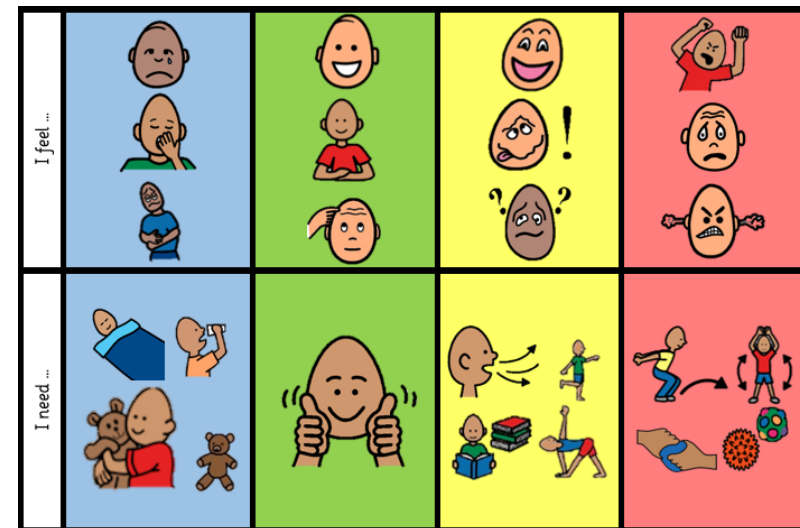
Talk about your emotions and the emotions your child is displaying.

"I can see your face is squashed up, this makes me feel you may be cross."

"When I got nervous, my body stomach feels wobbly."

It is important for children to be able to express their emotions through saying emotion words and describing how their body feels during those moments.

Emotional Regulation



With your child you can model how to regulate their emotions. I can see your face is squashed and you may feel cross, let's do star jumps/ push against the wall/ squeeze a ball. The aim at school is to support children to be in the green zone and ready to learn. Try some of the activities with your child and find out which work for your child.

Big Belly Breathing

Mindful Looking

 **YouTube** <https://youtu.be/>

<https://youtu.be/>